HES GAMES

$1/50

APPLE VERSION

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HesWare

THE OFFICIAL

HESGAMES

RULE BOOK

APPLE II VERSION

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HESGAMES

As a Hesathalon team member you should read the rules of the HesGames competition on these introductory pages—the information will help you through all six events. Following this general information is a training guide to the six events you'll be participating in—100 Meter Sprint, 110 Meter Hurdles, Long Jump, Archery, Diving, and the two weightlifting events (Two-Hand Snatch and the Clean and Jerk). Up to two players can participate at the same time.

Loading HesGames

1. Insert the HesGames disk with the label facing up into drive 1.
2. Turn on the TV or monitor and the computer.
3. In a few moments, you'll see the main menu screen.

The HesGames diskette contains events on both sides. The main menu, running, hurdles, clean and jerk, and two-hand snatch are on the side with the label. The other side of the disk contains long jump, diving, and archery. If you try to load an event which is on the other side of the disk, the message USE OTHER SIDE appears. Turn the disk over and select the event again.

Game Play

HesGames uses two sets of keys during game play: the cursor keys (the four arrow keys on the right of your keyboard) and a set of motion keys (UP, DOWN, LEFT, RIGHT, and ACTION). You can use the motion key selections provided (see the main menu) or you can select your own motion keys. Throughout this manual, the terms UP, DOWN, RIGHT, LEFT, and ACTION refer to the general motions, *NOT* the cursor keys.

Main Menu Screen

From the main menu screen, you can register up to two players: type in their names and indicate which keys they will use to move.

From this screen, you can switch from one event to another. Once you have competed in some events, you can review your rank and scores.

Adding or Changing Player Information

To add or change information on the menu screen, press the down cursor key (↓) to cycle through the boxes. The currently selected box will flash.

QUICK START

Press the down cursor key until the event you want to play flashes.
Press RETURN to load that game. (Turn the disk over if you are prompted)

See pages 20 and 21 for the Quick Reference Guide.

In the NAME box type in a name and affiliation, for example, Mark Maddash/USA. You can use these keys: A-Z, 0-9, ♦, ♦, :, ;, /, −, and space bar.

Press the down cursor key to begin the "keys" selection. You can select which keys to use for all the motions you need to make—UP, DOWN, LEFT, RIGHT, and ACTION. When the keys box is flashing, press the actual key you want to use for each motion.

The keys are listed from left to right in the following order: UP, DOWN, LEFT, RIGHT, and ACTION. You can use the following keys: A–Z, 0–9, ♦, ♦, ., :, /, −, and space bar.

For Apple IIe and Apple IIc owners: keep the CAPS LOCK key down during game play.

Notice that the standard keys form a diamond:

```
  U
L   R A
  D
```

You may want to change the position of the ACTION KEY (A) depending on if you are right- or left-handed. You must type in one key for each motion; in other words to change just the ACTION key, you would have to type in the keys for the other motions as well.

Choosing an Event

Once you have registered all the players, load one of the events by pressing the up or down cursor keys until the event you want to load flashes. Press RETURN to load in that particular event.

Combined Score

For each first place score, you receive a gold medal and 1000 points.

Returning to Menu Screen

Press the escape (ESC) key and then press 1 from any event to get back to the menu screen.

Command mode

The Command mode allows you to perform various operations. Pressing the ESC (escape) key takes you into command mode. Once in command mode, press a key as follows:

KEY		ACTION
1	-	Return to main menu
2	-	Enter slow motion mode
3	-	Save a performance
4	-	Load a performance
5	-	Watch an instant replay
6	-	Enter control mode.
7	-	Turn the sound on and off
8	-	Switch between running and hurdles
9	-	Switch to next player
I	-	Initializes a disk
D	-	Display the files on the disk
ESC	-	Leave command mode.

Each of these will be covered in more detail.

Control Mode and Play Mode

Each event has two modes: a control mode and a play mode. In control mode, you review the established records in that event, and change some event options (such as type of dive and amount of weight). In play mode, you participate in the event. Press ESC-6 to go into control mode. Press **ESC** to exit control mode and return to play mode.

Checking Records

To see the US, world and Olympic records in each event (except Diving because no records are kept in diving), enter control mode by pressing ESC-6. Press the left or right cursor keys (♦,♦) to cycle through the records.

Instant Replay

You can replay a particular performance if you want to watch it again and study your technique. Press ESC-5 and the last performance will replay. You cannot use the instant replay feature in the Archery event.

Slow Motion

Press ESC-2 to participate in an event in slow motion. Slow motion works in all events except archery and weightlifting. Slow motion is in effect for one round only and can be used with Instant Replay by pressing ESC-2, then ESC-5.

Classic Replay

The classic replay repeats any performances you have saved on a disk. The classic replay works with all events except archery.

Initialize a Disk

To save one of your performances, you need a specially prepared performances disk. To prepare a performances disk, insert a new disk (or an old disk containing files you do not want to keep) into the disk drive. Press the ESC key and then press 3 to start the save function. The program asks you for a filename. Press ESC and then I to start the initialization process. This will take about one minute. When initialization is completed, the program asks for a filename.

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Disk Directory

To get a listing of the performances you have saved on a disk, first press ESC and then 3 (for save function) or ESC and 4 (for load function). The program will ask for a filename. Press ESC and then D to list the directory.

Saving Your Performances

First, make sure you have a prepared "performances" diskette in the drive. To save your best performances, type ESC-3 from any event screen immediately after the performance. A filename prompt will appear at the top of the screen. The filename consists of an abbreviation of the name of the event, a slash, and a filename you provide (typically your name). To save the event using the filename, simply press RETURN. To change the filename, erase the filename by pressing the back-arrow key up to the slash, and type in a new name.

IMPORTANT: If you already have a saved event using the filename given, you must change the filename if you want to keep the old saved performance. Reply **N** to the prompt **REPLACE FILE (Y/N)?**: Reply **Y** if you want to replace the performance.

Loading a Performance

To load a saved performance, type **ESC-4** from the event screen. Make sure the diskette with the performance you want to load is in the disk drive. A filename prompt will appear—enter the appropriate filename then simply press RETURN. If you want to change the filename provided, use the back-arrow key to erase the name. Type in the correct name and press RETURN. When the performance is replayed, the message CLASSIC REPLAY appears on the screen.

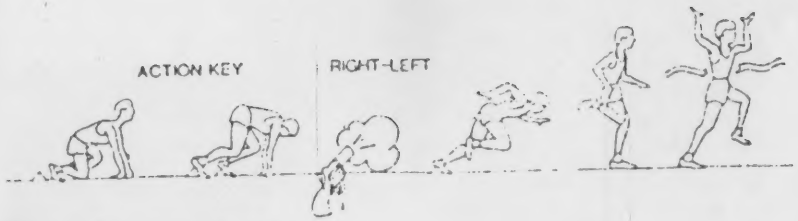
Each event (except archery) has a sample performance on the HesGames diskette. To load the sample, press ESC-4 and type in the following for the filename:

R DEMO for running
H DEMO for hurdles
L DEMO for long jump
D DEMO for diving
C DEMO for clean and jerk
T DEMO for two-hand snatch

After you have loaded in a performance, press ESC-5 to see the classic event replayed.

Self-Demo Mode

If no live competition takes place in any event (except Archery) for a while (roughly one minute) HesGames will go into a self-demo mode. The DEMO performance for each event saved on the HesGames disk will get loaded in and continuously replayed. To play, wait until a replay is finished. Before you compete for the first time in an event, load in the event demo, wait for a while and let the self-demo give you a feel for the action in that event.



100 METER SPRINT

You'll use all your muscle strength and stamina to run at top speed in the 100 meter sprint. Run as fast as you can once you hear the word GO to breeze past the finish line before your competitor. Your competitor can be the clock or an opponent.

Coach's Tips

- Press the ACTION key once to indicate you are ready to start the race. You'll hear the message ON YOUR MARK, and soon after, GET SET. Begin the sprint when you hear the word GO. If two players are running, both must indicate readiness before the race can start. If a previous performance is loaded in, it is also in readiness.
- Press the ACTION key of the second player (when you are running by yourself) to run against the computer.
- The starting blocks are equipped with sensing devices to detect if a runner "jumps the gun." If you start before you hear GO, the message FALSE START appears.
- The instant you hear GO, start running by pressing the RIGHT and LEFT keys in rapid succession until you reach the finish line.
- After the runner crosses the finish line, he will continue to run a victory lap until you press any key.

Scoring

Your score is the number of seconds it takes to run the distance.

Switching Between Running and Hurdles

You can switch quickly between 100 meter sprint and 110 meter hurdles. While in either one of these events, press ESC then 8. Now use the left and right cursor keys to select the event, then press ESC to exit control mode and go to the new event.

For Olympic Competition

Follow these rules to simulate an Olympic-style event:

- Runners causing two false starts are disqualified.
- In close finishes, the runner whose chest crosses the finish line first is the winner.

110 METER HURDLES

In this event, you'll jump over ten hurdles while running as fast as you can. Running efficiently and timing your jump will give you the competitive edge.

Coach's Tips

- Press the ACTION key once to indicate that you are ready to start the race. When you hear the word GO run as fast as you can by hitting the LEFT and RIGHT keys rapidly.
- Run at an even pace between the hurdles and press the ACTION key when you want to clear the hurdle.
- Skim over the top of each hurdle—try not to fall down or tap the hurdle.
- Timing the leap is critical—if you tap the hurdle lightly or trip over it, you'll lose precious seconds.
- The hurdler will continue running a victory lap after crossing the finish line until you press any key.

Scoring

Your score is the time in seconds it takes for you to finish the course.

For Olympic Competition

Follow these rules to simulate an Olympic-style competition:

- A hurdler can knock down an unlimited number of hurdles without being disqualified.

LONG JUMP

In the long jump event, you'll run quickly along a path, leap into the air, and land in a sandpit. Moving your arms and legs—almost as if you were swimming in air—helps you to jump further, as well as your running speed and height from the take-off jump.

Coach's Tips

- Start off running as fast as you can by rapidly pressing the RIGHT and LEFT keys. The faster you run, the farther you'll jump.
- The white line is the take-off board. Plant your feet and jump as close to the center as possible without going over the line (which would cause a foul and a message "Bad Jump"). Take-off by pressing the ACTION key.
- To make sure you always land forward, press the RIGHT key just before you land.
- The distance measured from the take-off board is the shortest distance between the board and the jumper.

Scoring

Your score is the distance you jump calculated in meters.

For Olympic Competition

Follow these rules to simulate an Olympic-style competition:

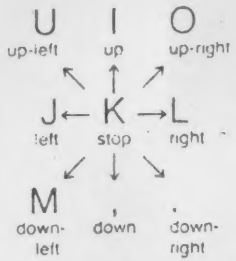
- Your score is the best of six tries.

ARCHERY

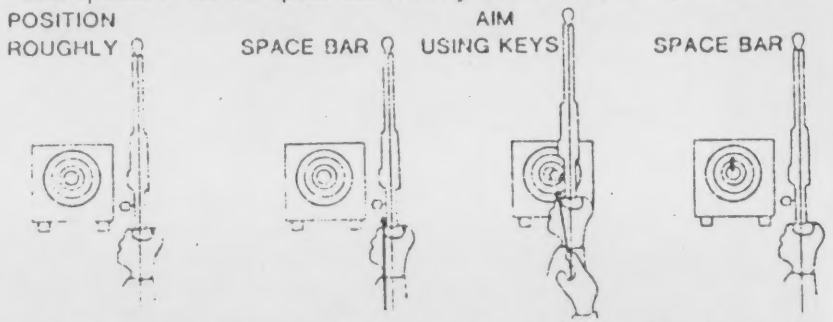
An uncanny aim, fierce concentration, and a steady grip are the characteristics of world class archers—and you'll need all three to compete in this event. You'll aim at two different sized targets at four distances. The smaller targets are used at the 30 meter and 50 meter distances, and the larger targets at the 70 meter and 90 meter distances.

Coach's Tips

- Each player gets six shots at each distance. (The scores are multiplied by six so that they compare to the actual outdoor event.)
- Keep an eye on the wind speed and direction, which can be unpredictable depending on the weather conditions that day, such as clear or overcast. For example, winds could come *from* the west. Also, archers always face north during competition.
- To select between a clear or overcast day (an overcast day has variable and higher winds speeds), press ESC-8, and use left and right cursor key to choose. Press ESC to return.
- Select one of the targets; roughly position the bow by pressing the keys below:



- Nock the bow by pressing the space bar.
- Aim the bow as above using the sight and adjusting for wind direction and speed. Press the space bar when you are ready to release the arrow.



- The longer you take to aim and shoot, the harder it will be. Your grip becomes unsteady as time passes, and muscle fatigue sets in under the strain.
- You are allowed only a certain amount of time to shoot. If you fail to shoot in the time allowed,that shot will be cancelled and you will get a score of 0.
- If more than one player participates in this event, pressing ESC-9 switches from player to player.

Scoring

For each target, you shoot six arrows (called an end). The archery target is made up of several concentric circles. You score 10 points for hitting the middle of the bull's eye. Scores decrease gradually to zero as you hit further away from the bull's eye. These points are then multiplied by six to get the score, and the combined totals for all four ends gives you your overall score.

As soon as you shoot the seventh arrow, the round is over for that target and your total high score is registered.

For Olympic Competition

Follow these rules to simulate an Olympic-style competition:

- Shoot the furthest target first, then continue to the closest target.
- Olympic scores are higher than regular competition because a round consists of 72 arrows instead of 36. To get an Olympic score, the scores given for each end would be multiplied by 12 instead of 6.

SPRINGBOARD DIVING

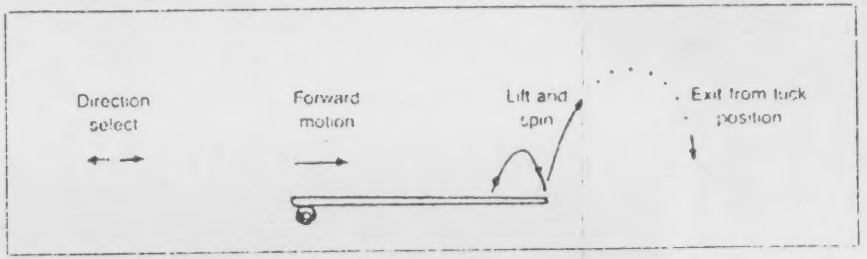
Springboard diving requires strength to hurtle yourself into the air, daring to spin at very high speeds, confidence to announce which dive you will perform, and the finesse to perform it with grace and control.

You can perform up to seven types of dives. You can pre-set the dives for each round (there are ten rounds), or you can simply say you'll do any forward or any reverse dive.

You will be judged by five judges who will give you scores multiplied by the difficulty factor of the dive.

Coach's Tips

- Start with easier dives until you get the feel of the board. You'll soon be able to execute more difficult dives with precision, and eventually be able to "call" the dive.
- For a simple dive, press RIGHT once for a forward dive, or LEFT for a reverse dive. This signals to the judges the type of dive you will perform. The scores will clear and you'll stand at attention to alert the judges that you are about to dive.
- Press the ACTION key once to start the forward momentum. You do not need to run down the board using a left-right-left motion.
- With no further action, the diver will spill off the end of the board. To make a better entry position (called the kick-out), press the DOWN key to stop the rotation at the precise moment.
- Once having mastered the basics of diving, work on your spring action where you jump at the end of the board. Press the UP, DOWN, UP keys anticipating the movements of the diver towards the end of the board. The up-down-up motion determines how high you will jump—the greater the height, the more somersaults you can complete.
- Correct timing and rhythm give you the proper amount of height and power. It takes practice!
- Once in the air, time your entry (the kick-out) into the water to complete the required number of somersaults for your chosen dive. Press the DOWN key to begin the kick-out. In a perfect entry, you enter the water vertically, your toes are pointed, and you make very little splash.



- You will be making a total of five motions once the type of dive has been selected—ACTION to start the run down the board; UP-DOWN-UP to obtain the proper spring; and DOWN to start the kick-out.
- Each judge scores the overall dive, however they may have different criteria for scoring the dives. One judge may give more points for pointed toes, while another may be looking for vertical entry into the water.
- Practice different types of dives by playing with the timing of the up-down-up down motions.

Scoring

The highest score you can receive for any one dive is a ten—and it is a rare occurrence. Of the five judges, only three of their scores are used in calculating your total score. The lowest and the highest scores are disregarded. Each dive has a difficulty factor, and the remaining three scores are multiplied by the difficulty factor and then added together. Adding the combined scores for the ten dives gives you your total score.

The crowd is not as critical as the judges—they will applaud wildly for a low-scoring dive, if the dive itself is done well.

Calling the Type of Dive

To "call" or announce the dive you plan to do, enter the control mode by pressing ESC-6. The TYPE OF DIVE box should flash. The dive you are required to perform will be indicated before each round. Press the up cursor key until the ROUND flashes. Select the round by pressing the right or left cursor keys. Press the down cursor key to move to TYPE OF DIVE. Press the right or left cursor keys until the dive you want to perform for the selected round flashes. You can pre-set up to ten rounds. Remember to set the round back to 1 if you want to start at round 1. Press ESC when you are ready to begin the diving sequence.

If you fail to perform the dive you announced, you will get a FAILED DIVE message and receive no points, even if the dive was done well. If you complete the dive you announced, the judges will add a bonus of 10% to the score for pre-calling the dive.

Changing players

To switch to another player press ESC and then 9.

For Olympic Competition

Follow these rules to simulate an Olympic-style competition:

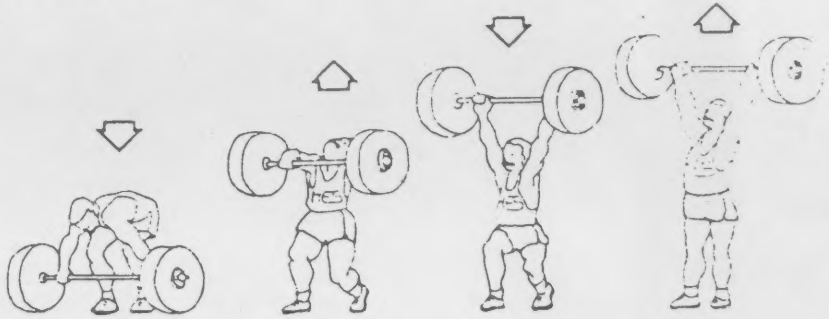
- Divers MUST announce the set of ten dives ahead of time. And the type of dive must vary.

WEIGHTLIFTING

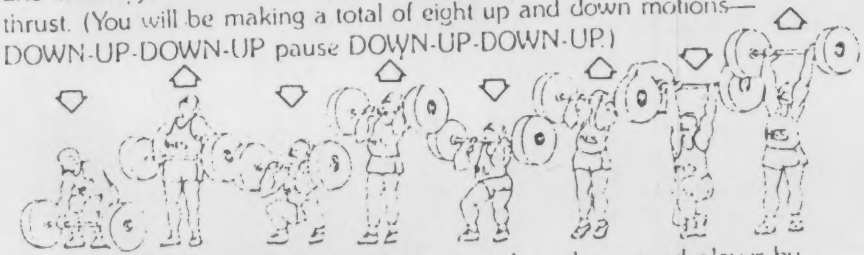
You'll compete in two weightlifting events: the two-hand snatch and the clean and jerk. In weightlifting, preparation is the key—concentration, timing, coordination, and a positive mental attitude. If you can gain the crucial psychological advantage over your opponents (or your previous personal best), you'll have a better chance of succeeding.

Coach's Tips

- Your weightlifting power is in your thighs. You can control the thigh muscles with the UP and DOWN keys.
- Start with lighter weights (45 kg (kilograms) is the lightest, 300 kg is the heaviest) until you develop weightlifting skills. Timing is critical and changes as you increase or decrease the weight.
- If you watch weightlifters in action during competition, you may notice that the lifters develop a precise rhythm as they lift all that weight.
- To obtain this rhythm, press the DOWN and UP keys, *pausing briefly to rest and gather strength at critical moments.*
- In the two-hand snatch, reach down, pull up on the barbell, then bend down slightly to split the legs when the weight reaches chest level. Steady yourself and then thrust the weight up extending your arms overhead. (You will be making a total of four down and up motions—DOWN-UP-DOWN-UP.)



- In the clean and jerk, first lift the barbell up to hip level and then drop down into a squatting position. Pause slightly and straighten your legs (up) as you hold the weight at shoulder level. Pause to summon more power. Drop down slightly to bend your knees and immediately push up to center the weight in front of your nose. Push down to split your legs and extend your arms: Steady the weight and push up for the final thrust. (You will be making a total of eight up and down motions— DOWN-UP-DOWN-UP pause DOWN-UP-DOWN-UP.)



- One player will continue lifting until you switch to the second player by pressing ESC and then 9.

Scoring

The referees determine the validity of the lift. Each referee has a light (see the three lights to the right of the lifter). Green indicates a valid lift; red an illegal lift.

Changing Weights

To change the amount of weight on the barbell, first enter control mode by pressing ESC-6. The weight box will flash. Use the left cursor key to decrease the weight and press the right cursor key to increase the weight. Hitting these keys will change the weights in 2½ kg increments. The minimum amount of weight is 45 kg, and the maximum is 300 kg.

Changing Events

To switch from one weightlifting event to another, press ESC-6 to enter control mode. Press the up and down cursor keys until the event flashes. Press the left and right cursor keys until the name of the other event appears. Press the ESC key to leave control mode and go to the new event.

Checking Records

To see the U.S., world, and Olympic records press ESC-6. Press the up and down cursor keys until the records flashes. Use the left and right cursor keys to cycle through the records. Press ESC to leave control mode.

For Olympic Competition

- The highest combined total weight for both events determines the winner.
- Each lifter has three chances at one lift at one weight. If the lifter fails, the weight is increased. In Olympic competition the weight is NEVER decreased.
- The lifter has the option of passing or lifting each round. All lifters lift at one weight, and then the weight is increased.
- Upon completion of the lift, the barbell must be held motionless until the referees signal that the lift is valid and then the weight can be lowered.

Error Messages

Message	Action
DISK FULL	No room left on your disk to store performances. Use another initialized disk.
REPLACE FILE (Y,N)	Type Y to replace the file; type N if you want to keep an old performance.
FILE NOT FOUND	The performance you wanted to load is not on the disk. Check for misspellings or incorrect disks.
INSERT HES DISK	Put the HesGames disk back in the drive to continue playing.
DISK ERROR	Disk drive may not be connected; drive door may be open; disk may not be in drive; or disk may be write-protected. (HesGames disk may be in the drive when you try to load or save one of your performances.).
USE OTHER SIDE	Some events are stored on the reverse side of the disk. Remove the disk, turn it over, and re-insert the disk into the drive.

QUICK REFERENCE GUIDE

MAIN MENU

RESET	Resets all the scores
◆ ◆	Cycle through menu items.
RETURN	Selects menu item flashing.

PLAY MODE

ESC-1	Return to main menu.
ESC-2	Enter slow motion mode.
ESC-3	Save a particularly good performance to show your friends.
ESC-4	Load a previously saved performance
ESC-5	Watch an instant replay.
ESC-6	Takes you to control mode.
ESC-7	Turn the sound on or off.
ESC-8	Switch between running and hurdles events.
ESC-9	Skip to next player.
ESC-I	Initialize a disk (caution!)
ESC-D	Obtain a disk directory.

CONTROL MODE

◆ ◆	Changes which box is flashing
◆ ◆	Takes you back to play mode
ESC	Takes you back to play mode.